

**WHAT IS CLAIMED IS:**

1. A method for prompting and instructing an exercise routine, comprising the steps of:

providing an electronic device having a display, a start button and a plurality of function buttons;

having said electronic device randomly select multiple exercise periods during a day;

displaying a selection of different groupings of exercise on said display at a start of each of said exercise periods, wherein each grouping of exercise contains at least one exercise activity appropriate for different locations and circumstances;

selecting one of said groupings of exercise utilizing at least one of said function buttons;

pressing said start button to start a time frame in which to perform a selected grouping of exercise;

presenting an instructional depiction on said display of said selected grouping of exercise;  
and

inputting into said electronic device if said selected grouping of exercise was completed within said time frame.

2. The method according to Claim 1, wherein said step of presenting an instructional depiction includes providing a visual demonstration of said selected grouping of exercise on said display.

3. The method according to Claim 1, wherein said step of presenting an instructional depiction includes providing audible instructions of said selected grouping of exercise.

4. The method according to Claim 1, further including the step of calculating calories burned by said selected grouping of exercise.

5. The method according to Claim 4, further including the steps of inputting into said electronic device calories consumed by a person.

6. The method according to Claim 5, further including the step of comparing calories burned by

exercise to calories consumed and providing an indication on said display whether calories were gained or lost.

7. The method according to Claim 1, further including the step of providing audible phrases of inspiration during said time frame

8. The method according to Claim 1, further including the step of providing a visual indication of fitness on said display after said selected grouping of exercise is completed.

9. The method according to Claim 8, wherein said visual indication is a graphical depiction of a body that varies between a poor health depiction and a good health depiction, wherein said graphical depiction changes from said poor health depiction toward said good health condition each time said selected grouping of exercise is completed.

10. The method according to Claim 9, wherein said graphical depiction changes toward said poor health depiction each time said selected grouping of

exercise is not completed.

11. The method according to Claim 1, wherein said different groupings of exercise contains a stretching grouping that includes at least one stretching exercise activity.

12. The method according to Claim 1, wherein said different grouping of exercise contains an isometric grouping that includes at least one isometric exercise.

13. The method according to Claim 12, wherein said different grouping of exercise contains an aerobic grouping that includes at least one aerobic exercise.

14. A method of motivating a person to periodically exercise, said method comprising the steps of:

providing an electronic device with a display, a start button and function buttons, wherein said electronic device at random intervals during a day indicates that exercise should be

performed;

displaying a selection of different types of exercises at each of said intervals, when said electronic device indicates that exercise should be performed;

using said function keys to select a type of exercise from said selection of different types of exercises each time said electronic device indicates that exercise should be performed, wherein the selected type of exercises is one that can be performed at that time given the location and circumstances of the person;

displaying instructions of how to perform the selected type of exercise on said display once the type of exercise is selected;

setting a time period for performing the selected type of exercise; and

inputting into said electronic device if the selected types of exercise were performed in said time period.

15. The method according to Claim 14, wherein said step of displaying instructions includes pictorially demonstrating the selected type of

exercise on said display.

16. The method according to Claim 14, further including the step of providing a visual indication of fitness on said display after said selected grouping of exercise is completed.

17. The method according to Claim 16, wherein said visual indication is a graphical depiction of a body that varies between a poor health depiction and a good health depiction, wherein said graphical depiction changes from said poor health depiction toward said good health condition each time said selected grouping of exercise is completed.

18. The method according to Claim 14, further including the step of providing audible phrases of inspiration during said time period in which said at least one exercise is to be performed.

19. The method according to Claim 14, wherein said variety of different types of exercise

include stretching exercises, isometric exercises,  
and aerobic exercises.

20. The method according to Claim 14,  
wherein said variety of different types of exercises  
are selected from a group consisting of callisthenic  
exercises, stretching exercises, isometric  
exercises, aerobic exercises, facial muscle  
exercises, vocal exercises, breathing exercises and  
neck muscle exercises.